



Microneedling Pre-Treatment Care

To optimise treatment outcomes, minimise the risk of adverse reactions, and support effective wound healing, please adhere to the following pre-treatment instructions.

14 Days Prior to Treatment

- Avoid excessive UV exposure, sunbeds, and intentional tanning
- Discontinue the use of retinoids (Retinol, Retinal, Tretinoin), AHAs, BHAs, and other exfoliating agents unless otherwise advised
- Avoid chemical peels, laser treatments, IPL, electrolysis, waxing, threading, or depilatory creams within the treatment area
- Ensure a consistent skincare routine and avoid introducing new active products

72 Hours Prior to Treatment

- Avoid prolonged heat exposure, including saunas, steam rooms, and hot tubs
- Increase water intake to support optimal skin hydration and healing capacity
- Limit alcohol consumption, which may increase inflammation and sensitivity

24 Hours Prior to Treatment

- Refrain from vigorous exercise and activities that may increase skin temperature or circulation significantly
 - Do not apply self-tanning products to the treatment area
- Avoid shaving the treatment area if irritation is likely to occur

On The Day of Treatment

- Arrive with clean skin free from makeup, SPF, and skincare products where possible
- Ensure the skin is free from active inflammation, infection, excessive sensitivity, or sunburn
- A comprehensive skin consultation and suitability assessment will be completed prior to treatment

Clinical Note

Microneedling induces a controlled wound-healing response within the skin to stimulate collagenesis, elastin production, and tissue remodelling. Adhering to pre-treatment protocols is essential to reduce the risk of complications and ensure optimal regenerative outcomes.

For best results, a course of treatments combined with a professional home-care regimen and daily SPF protection is recommended.